

Blue Care Network's Routine Women's Health benefit

FYI

FOR YOUR INFORMATION

EDUCATE

ENGAGE

EMPOWER

You choose. No referral needed.

Routine women's health services operate on a self-referral basis. This means you may visit certain BCN specialists without a referral from your primary care provider.

To find a doctor who provides women's health services, log in to your online member account at bcbsm.com. Select *Find Care* in the navigation menu, then select *Primary Care Physicians* from the drop-down menu.

Women's health services

Doctors who provide routine women's health services include obstetrician-gynecologists, gynecologic oncologists, reproductive endocrinologists, maternal and fetal medicine specialists, neonatal perinatal medicine specialists (M.D. only), nurse practitioners and certified nurse midwives. Your women's health specialist may perform or order various services* **without** your PCP's referral.

Gynecological care — no referral needed

- Bone density studies
- Breast exams and mammograms
- Contraceptive management
- Gynecological exams, Pap smears
- Laboratory** services related to gynecological problems
- Pelvic ultrasounds

Obstetrical care — no referral needed

- Fetal nonstress tests
- Laboratory** services related to obstetrical care
- Maternity ultrasounds

Your provider must notify BCN before performing these services*:

- Amniocentesis
- Gynecological surgical procedures
- Maternity inpatient: up to 48 hours following routine delivery and up to 96 hours following C-section
- Surgical treatment of spontaneous or missed abortion
- Treatment of suspected or confirmed malignancies

*Benefits vary by plan. To check your coverage, log in to your account at bcbsm.com.

**Must be sent to a laboratory in the Joint Venture Hospital Laboratories network or to a designated laboratory vendor.

The information included in this document doesn't apply to Medicare members.

TIP

Consider selecting a women's health doctor who belongs to the same physician group as your primary care provider or has privileges at the same hospital. This makes it easier for them to care for you as a team.